



CHILD AND ADULT CARE FOOD PROGRAM (CACFP) AFTERSCHOOL MEALS

TOOL KIT FOR SCHOOLS



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STATE OF MAINE
129TH LEGISLATURE
FIRST REGULAR SESSION

**NEW STATE LAW: An Act to Increase Access to Nutritious Foods
in Schools by Implementing an Afterschool Food Program for
At-Risk Students**

This law requires districts with at least one public school in which at least 50% of students qualified for a free or reduced-price lunch in the most recent ED534 Report, to participate in the Federal Child and Adult Care Food Program (CACFP) for at-risk students who attend after-school programming. The district has an option to opt out if it is agreed upon that CACFP is not a good opportunity for their school. This law was effective 9/19/2019.



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CACFP AFTERSCHOOL MEALS

TOOLKIT FOR SCHOOL ADMINISTRATORS



Why? Nearly half of Maine school children rely on school nutrition programs every day. Many children many not have a meal waiting for them at home.

Who? Schools that have 50% or more free/reduced students qualify for this program. Schools must also offer an after school, “open to all” education/enrichment program.

What? USDA provides reimbursement for meals and snacks served and sets nutritional requirements for meals and snacks.

Where? Schools can decide how to serve and where children will eat at the site.



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When? Snacks/meals can be served anytime outside “normal” school hours. This includes after-school, weekends, and holidays.

Why?

Students may have an early start to their day and have an early lunch period, leaving them hungry by the end of the school day. Kids involved in after school activities need extra fuel to focus and perform for long hours. Afterschool meals/snack programs give children a safe place to go after school and nutritious food, which gives them the energy they need to concentrate on homework and join their friends in physical, educational, and social activities. One in five kids in Maine lives in a household struggling with hunger, so they may not have a healthy meal waiting at home.

CACFP Afterschool Meals can also be a money maker for School Nutrition Programs. Schools are reimbursed \$0.94 for snacks served and \$3.64 for meals served! After food and labor costs there is leftover money that can be put back into the School Nutrition Program. So, not only are children benefiting from this program, but much needed revenue will come into your schools.

Who?

Schools that have 50% or more free/reduced students or that are in the attendance area of an eligible school qualify for this program. The school must also have a regularly scheduled, open-to-all educational or enrichment activity in a supervised environment. Examples of this would be homework assistance, arts and crafts, life skills, remedial education, organized fitness activities, garden club, etc. The program cannot operate for the sole benefit of competitive athletics, however athletes may receive the snack or meal free of charge if the school qualifies.

There is no requirement that children receiving meals participate in the scheduled activities; the activities just need to be available to all students. After meeting these requirements, all children and teenagers age 18 or under can eat FOR FREE, with no income eligibility required!



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What?

USDA provides reimbursement for meals served and sets nutritional requirements for meals and snacks. These requirements must be followed to receive reimbursement money. All meals and snacks must meet USDA nutrition standards. The typical afterschool **SNACK** must have 2 food components (e.g. - fruit and grain). **SUPPER** must contain 5 food components, same as School Lunch. Schools can use Offer vs Serve for supper which means 5 components must be offered and students may choose to take only 3 or 4 of those components.

Where?

Schools can decide how to serve and where children will eat at the site. Students may come to the cafeteria as they would lunch, or food could be delivered to the children where they are involved in an afterschool activity.

When?

Snacks/meals can be served anytime outside “normal” school hours. This includes afterschool, weekends, and holidays. Snack or supper can be served as soon as the school day ends (ex. ABC School dismissal bell rings at 2:30 pm so ABC School can serve supper starting at 2:30 pm). In addition, snacks/meals can be served anytime during the school year outside “normal” school hours (i.e. after the dismissal bell, snow days, school vacations, weekends, and holidays).

How Can I Help?

1. Introduce the program to your Administration Team.
2. Meet with your district’s School Nutrition Director.
3. For questions and guidance reach out to Child Nutrition at child.nutrition@maine.gov.
4. Visit a school with a successful CACFP program to see it in action.
5. Introduce the program at School Board meeting. Bring the School Nutrition Director, students, and a community champion!



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Testimonials

Students in our program look forward to Super Snack every day. It provides a healthy, high-quality meal (chicken Caesar salad is a favorite) that leaves them feeling full, satisfied, and ready to learn. Staff frequently observe calmer, more focused attention in our young students after they have eaten Super Snack.

-Trina Dorn, Learning Works Afterschool, Portland

This program is a godsend! If I ever went to work in another school district, the first thing I would do is make sure we participated in the program. It is great for our kids."

-Zachary Freeman, Mount View High School Principal, RSU 3

Why wouldn't any school district jump on board and participate in this program? It is the best thing to do for our students' success! It is a win-win situation. We feed our kids for free every day after school and we generate additional revenue to help balance our budget."

-Tina Fabian, School Nutrition Director, RSU 3

The "Super Snacks" are very popular with students participating in our extended day learning activities at Riverton School. The children really appreciate the additional food because it is always delicious and healthy. The "Super Snack" gives students energy and helps them to be more focused at that time of day when it is easy for students to be tired and distracted.

-Ann Hanna, Principal, Riverton Elementary School

Let Us Help You!

School Nutrition Consultants are available at no charge to help by phone, email, or in person:

Christine Greenier, MS RD LD
School Nutrition Program Consultant
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csgreenier@gmail.com



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Helpful Resources:

[Frequently Asked Questions](#)

[Maine DOE CACFP Afterschool Meals Webinar](#)

[CACFP Afterschool Meal Pattern](#)



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CACFP AFTERSCHOOL MEALS

TOOL KIT SCHOOL NUTRITION STAFF



Why? Nearly half of Maine school children rely on school nutrition programs every day. Many children many not have a meal waiting for them at home.

Who? Schools that have 50% or more free/reduced students qualify for this program. Schools must also offer an after school, “open to all” education/enrichment program.

What? USDA provides reimbursement for meals and snacks served and sets nutritional requirements for meals and snacks.

Where? Schools can decide how to serve and where children will eat at the site.

When? Snacks/meals can be served anytime outside “normal” school hours. This includes after-school, weekends, and holidays.



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Why?

CACFP At-Risk after school meal programs provide a much-needed service to the children in your community. Students may have an early start to their day and have an early lunch period, leaving them hungry by the end of the school day. Kids involved in after school activities need extra fuel to focus and perform for long hours. Afterschool meals/snacks give children a safe place to go after school and nutritious food that gives them the energy they need to concentrate on homework and join their friends in physical, educational and social activities. One in five kids in Maine lives in a household struggling with hunger, so they may not have a healthy meal waiting at home.

CACFP At-Risk can also be a money maker for School Nutrition Programs. Schools are reimbursed \$0.94 for snacks served, and \$3.64 for meals served! After food and labor costs there is left-over money that can be put back in to School Nutrition Program. So, not only are children benefiting from this program, but much needed revenue will come into your schools.

Who?

For a school to qualify they must meet two criteria. First, the school must have 50% or more students who qualify for Free/Reduced meals. Second, the school must have a regularly scheduled educational or enrichment activity in a supervised environment. Examples of this would be homework assistance, arts and crafts, life skills, remedial education, organized fitness activities, garden club, etc. The program cannot operate for the sole benefit of competitive athletics, however, athletes may receive the snack or meal free of charge if the school qualifies. There is no requirement that children receiving meals participate in the scheduled activities; the activities just need to be available to all students. After meeting these requirements, all children and teenagers age 18 or under can eat FOR FREE, with no income eligibility required!



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What?

All meals and snacks must meet USDA nutrition standards. The typical after school SNACK must have 2 food components (e.g. - fruit and grain). SUPPER must contain 5 food components, same as School Lunch. Schools can use Offer vs Serve for supper which means 5 components must be offered and students may choose to take only 3 or 4 of those components.

Where?

Each school participating in this program can decide how they want students to access their meal or snack. They may come to the cafeteria as they would for lunch, or food could be delivered to the children where they are involved in an afterschool activity.

When?

Snack or supper can be served as soon as the school day ends (ex. ABC School dismissal bell rings at 2:30 pm. ABC School can serve a meal starting at 2:30 pm). In addition, snacks/meals can be served anytime during the school year outside “normal” school hours (i.e. after the dismissal bell, snow days, school vacations, weekends, and holidays).

How Can I Help?

1. Talk to your Superintendent and Administrators about the program. Explain how it could help the students in your schools.
2. Find out what is currently going on for afterschool activities in each school.
3. Explain the program to your staff to get buy in from them. Think of ways to serve another meal that would keep labor and food costs down, such as being able to use leftovers from lunch and breakfast, having staff prepare supper while they are still there, etc.



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4. Learn the rules and regulations of the program by asking questions and using all available resources.
5. Visit a school with a successful CACFP program to see it in action.
6. For questions and guidance reach out to Child Nutrition at child.nutrition@maine.gov.

Testimonials:

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Helpful Resources:

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